

## CLAIMS

### WHAT IS CLAIMED IS:

1. A pillow comprising:  
a pillow core containing a powder of about .2% to 5% of the weight of said pillow core, said powder comprising at least one poly-element mineral selected from the group consisting of perlite, pitchstone and tourmaline.
2. The pillow of claim 1, wherein said powder further comprises at least one far-infrared emitting material selected from the group consisting of alumina ( $\text{Al}_2\text{O}_3$ ), titania ( $\text{TiO}_2$ ), ferrite ( $\text{Fe}_2\text{O}_2$ ), chromium oxide ( $\text{CrO}_3$ ), silica ( $\text{SiO}_2$ ), yttria ( $\text{Y}_2\text{O}_2$ ), and magnesia ( $\text{MgO}$ ).
3. The pillow of claim 1, wherein said pillow core further comprises a magnet.
4. The pillow of claim 1, said pillow core comprising a covering layer surrounding an inner body.
5. A method of improving the health of a person by providing a pillow core and incorporating into said pillow core a powder of about .2% to 5% of the weight of said pillow core, said powder comprising at least one poly-element mineral selected from the group consisting of perlite, pitchstone and tourmaline.
6. The method of claim 5, where said powder further comprises at least one far-infrared emitting material selected from the group consisting of alumina ( $\text{Al}_2\text{O}_3$ ), titania ( $\text{TiO}_2$ ), ferrite ( $\text{Fe}_2\text{O}_2$ ), chromium oxide ( $\text{CrO}_3$ ), silica ( $\text{SiO}_2$ ), yttria ( $\text{Y}_2\text{O}_2$ ), and magnesia ( $\text{MgO}$ ).
7. The method of Claim 5, wherein said powder is incorporated into said pillow core by dissolving said powder into a liquid solution and immersing said pillow core into said liquid solution.
8. The method of Claim 5, wherein said powder is incorporated into said pillow core by applying said powder to a surface of said pillow core.
9. The method of Claim 5, wherein said powder is incorporated into said pillow core by mixing said powder with the constituent materials used to manufacture said pillow core.
10. The method of Claim 5, wherein said pillow core includes a magnet.

11. A pillow for improving the health of a person comprising:  
a pillow core; and  
a means for emitting anions into an area surrounding said pillow core.
12. The pillow of Claim 10, said pillow further comprising a means for emitting far-infrared radiation into an area surrounding said pillow.